

Remove PPE correctly (doffing)

1

Remove gloves

- Using a gloved hand, grasp the palm area of the other gloved hand and peel off first glove.
- Slide fingers of ungloved hand under remaining glove at wrist and peel off second glove over first glove.
- Discard in medical waste bin.



Clean hands

2

Remove apron/gown

- If wearing a visor (not goggles), remove visor as below *before* removing apron/gown.
- Unfasten gown/apron ties.
- If gown: pull gown away from neck and shoulders, touching only inside of gown. Turn gown inside out.
- If apron: touching only inside of apron, pull over head and roll downwards and discard in medical waste bin.



Clean hands

3

Remove goggles/visor

- Remove goggles/visor from the back by lifting head band.
- Place in designated container/area for disinfecting.



Clean hands

4

Remove mask/respirator

- Untie or break bottom ties, followed by top ties or elastic.
- Remove by handling the ties/elastics only and discard in medical waste bin.



5

Clean hands for at least 20 seconds



See a video on how to remove PPE correctly here:

www.medicine.uct.ac.za/news/covid-19-resources